

# Slow Roasted Jalapeno Pinto Bean Dip

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This is a super easy fun dip that our students loved. Easy and versatile for snacks to a party.

### Ingredients:

- 3 small-medium sized jalapenos
- 40 oz can pinto bean drained and rinsed
- EVOO (Extra Virgin Olive Oil)
- 3 small limes
- 1 tablespoon of minced or chopped garlic
- 2-3 teaspoons of ground cumin (your preference)
- 30 leaves of fresh cilantro
- 2-3 shakes of paprika
- Sea salt to taste
- Tortilla chips, sliced bell peppers, celery to dip in

### Directions:

- Line a cookie sheet with aluminium foil and preheat oven to 400 degrees. Place on pan as many jalapenos you may use that week and drizzle jalapenos with EVOO and sprinkle with sea salt. Allow to roast slowly in oven for 20 minutes or until color you desire has been reached. Do turn jalapenos so both sides get roasted. I like to then wrap my jalapenos in the aluminum and allow them to sit for another 10 minutes with oven off to soak in flavors. I roast mine the night before, allow them to cool and then place in refrigerator.
- In a food processor put in all your drained pinto beans, slice and squeeze the juice of 3 limes, add garlic, cumin, 2-3 shakes of paprika, 30 leaves of cilantro and your jalapenos. I just cut off stems of jalapenos and leave seeds in them to add a little kick. If sensitive to spice or heat remove seeds of 2 jalapenos. I leave skins on to add that roasted flavor.
- Begin processor and drizzle EVOO slowly until you get a nice texture of a "Hummus". Season with sea salt.
- Place on a party tray garnish with black olives and fresh cilantro leaves and serve with your favorite sliced veggies and tortilla chips.

Ready in 15 minutes. Great source of protein and low calories.